Building Strong Families in Grant County

**Our Focus**
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

**Our Success**
In 2016-2017, Cooperative Extension made 64,432 contacts with individuals and families in Grant County.¹

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**A Healthier Kentucky**
Making healthy lifestyle choices

Easy access to unhealthy foods, increased stress, and limited opportunities for physical activity all create challenges and barriers for Kentucky families in making healthy lifestyle choices. Family and Consumer Sciences (FCS) Extension programming through the University of Kentucky teaches families to improve health and well-being by choosing a nutritious diet, increasing health literacy to help prevent chronic diseases, or participating in regular physical activity. Our goal is to equip citizens with the knowledge, resources, and an environment where the healthy choice is the easy choice.

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¹ Number of farmers market locations by Kentucky county²

- 1 (7 counties)
- 1-2 (73 counties)
- 3-4 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)
### Food Environment

**OUR COUNTY**
- Grant County had 1 supermarket and other grocery store and 18 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 3,470 individuals were food insecure in Grant County.4
- Only 17.2% (31.6%-8.6%) of adults in Grant County consumed five or more servings of fruits and vegetables per day between 2013-2015,5

**OUR RESULTS**
- 362 individuals reported eating more healthy foods.1
- 96 individuals prepared more healthy home-cooked meals.1

### Financial Environment

**OUR COUNTY**
- The median household income in Grant County was $45,307 ($49,135-$41,479) in 2015.8
- In Grant County, 804 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 3,902 SNAP/food stamp recipients.10
- 12.6% (+/-4.9%) of people age 65 and over were below poverty between 2011-201511 and 26.7% (31.8%-21.6%) of children ages 5-17 in families were below poverty in 2015.9
- Between 2011 and 2015, 3.4% (+/-1.5%) of full-time/full-year workers were below poverty.11

**OUR RESULTS**
- 149 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.1
- 118 individuals were exposed to Extension programming at a local farmers market.1

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**Sources:**
1. Kentucky Cooperative Extension Reporting, FY 2017
3. U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
4. Map the Meal Gap 2017 (map.feedingamerica.org)
5. Kentucky Health Facts. (www.kentuckyhealthfacts.org)
8. 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/saipe/)
9. Kids Count Data Center. (datacenter.kidscount.org)
11. 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)

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* WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children (SNAP) for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

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* For more information and to download this and other county profiles, visit hes.uky.edu/StrongFamilies